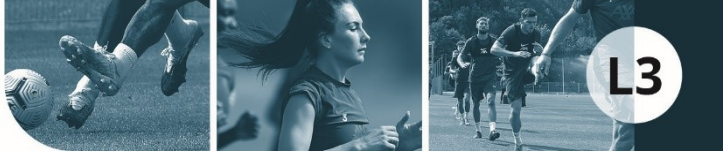
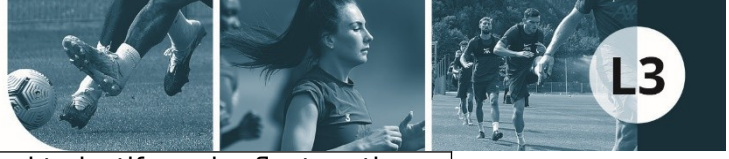


BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	**Unit 29: Technical and Tactical Skills in Sport**
Learning aims	C Review own technical and tactical ability for a selected sport
Assignment title	A self-reflection journal of activities
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You are working with a local coaching company who offer sports coaching in Primary and Secondary schools. Following your presentation to the company's coaches on technical and tactical components of sports performance, the owner has asked you to produce a report, containing three main parts that can be used as a type of coaching manual for the coaches. The aim is to provide the coaches with a resource that will help them understand methods that can be used to measure technical and tactical performance.

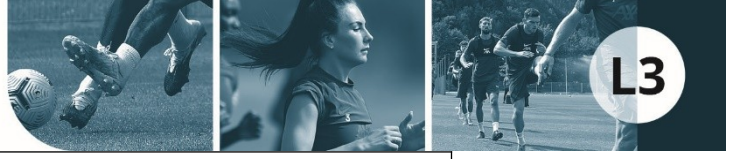
Task 1	A self-reflection journal of activities completed to assess learner performance levels. And a development plan that targets areas for technical and tactical improvement and identifies goals and SMART targets that can improve performance levels. You will need to explain the technical and tactical strengths identified within a four-week training period, stating why you think each element was a strength. You should also explain why you think specific areas of performance require improvement or development to enhance sports performance. The final stage of the assessment requires you to bring all the assessment tasks together to produce a development plan. The development plan revolves around the principle of SMART targets, and you could produce this as a report for their head coach to assess. You must relate how completing practices, courses and undertaking coaching and development will enhance your own performance in your selected sport. You will need to justify the suggestions made in your personal development plan and give examples of how the suggestions in the plan will be met and how they could become attainable. You should include reasons or evidence to support how you arrived at these



	conclusions. You will need to justify and reflect on the suggestions you have made. The task should be split into three sections and contain the following information: **Section 1: Assessment and development of own performance** • Competitive situation. • Use of observation checklist for performance profiling • Strengths • Areas for improvement **Section 2: Logbook** • Maintain a logbook of activities • Competition analysis • Areas for improvement **Section 3: Development plan** Produce a development plan to improve own sports performance levels: • Specific, measurable, achievable, realistic, time-bound (SMART) targets. • Improvement of technical weaknesses and tactical awareness. • Resources • Courses. • Coaches. • Competitions
Checklist of evidence required	A self-reflection journal of activities covering the following areas: • Assessment and development of own performance • Logbook • Development plan

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
C.P4	Use an observation checklist to explain own technical and tactical ability, in a competitive situation for a selected sport, identifying strengths and areas for improvement.
C.P5	Produce a development plan of own technical and tactical ability, based on identified strengths and areas for improvement.
C.M3	Assess strengths and areas for improvement, in your own technical and tactical ability in a selected sport and relate this to your development plan.
C.D3	Justify suggestions made in the personal development plan to evaluate why these changes will improve performance levels in your selected sport.

Sources of information to support you with this Assignment	**Textbooks** Adams M et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2010) ISBN 9781846906510 Adams M et al – BTEC Level 3 National Sport Teaching Resource Pack (Pearson, 2010) ISBN 9781846906541



	Expert (2011), How to Play Badminton – Including Official Rules (Foulsham's Sports Library), Read Books, ISBN 978 1 44742 668 4 Gledhill, A., et al. (2016), BTEC Nationals Sport Student Book 1, Pearson Education, ISBN 9781292134000 Hinkson, J. and Lombardi, J. (2011), Lacrosse For Dummies, 2nd edition, Wiley Publishing, ISBN 978 0 47073 855 9 **Websites** http://www.teamgb.com/ The British Olympic Association www.britishvolleyball.org British Volleyball Association www.englandbasketball.co.uk English Basketball Association www.thefa.com The Football Association www.lta.org.uk The Lawn Tennis Association www.rfu.com The Rugby Football Union www.sportsleaders.org Sports Leaders UK www.sportsofficialsuk.com Sports Officials UK www.ukathletics.net UK Athletics www.uksport.gov.uk UK Sport
Other assessment materials attached to this brief	